

Groups Meet Up!



Members of our Get Together, Friendship, Art and Reminiscence groups met together last month at The Hub.

There were some lovely cakes and other treats to enjoy with a cup of tea and some good company.



They got together to discuss what happens at the various groups and how they can swap ideas about how they run the groups and what sort of outings and other entertainment they have.

New members are always welcome at all the groups. We will be starting new groups in other areas of Gateshead, so if you have an idea for a group or venue to hold a group we would like to hear from you.

On the next page is a list of groups and when they meet. Why not come along and see what goes on at the next meeting?

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What's On

Friendship Groups

Lobley Hill

This Group meets every other Tuesday from 10.30am to 12.30pm at Lobley Hill Community Centre on Scafell Gardens. Next meeting is 26th May.

Felling

Felling Friendship Group meets every other Wednesday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meeting is 20th May.

St Helen's

St Helen's Friendship Group is held in St Helen's Church Hall on Belle Vue Bank in Low Fell. They meet every other Wednesday from 1.00pm to 3.00pm. Next meeting is 27th May.

Birtley (New Venue)

The Birtley Friendship Group meets every other Tuesday from 10.30 to 12.30 at Birtley Fire Station. Next meeting is 19th May.

Get Together Groups

We have two Get Together Groups in Whickham and Low Fell. New members are always welcome, just come along on the day.

The Low Fell Group meets at St Peter's Church Hall on Kells Lane once a month on

the 2nd Monday, from 1.30pm to 3pm. Next meeting is 8th June.

The Whickham Group meets on every 1st Thursday of the month, from 1pm to 3pm, at Whickham Community Centre on Front Street. Next meeting is 4th June.

Art Group

The Art Group meets every other Thursday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next session is 21st May.

Reminiscence Group

The Reminiscence Group meets every other Thursday from 10.30am to 12.30pm at The Felling Hub on Felling High Street. Next meeting is 28th May.

There is a small charge for each group, which is decided by the members.

New members are always needed at all the groups, if you'd like to join just come along on the day and you will be made very welcome, or you can call us for more details.

We have also been awarded funding from the Capacity Building Fund to set up a further four friendship groups. If you would like us to consider starting a group in your area please contact us on 0191 4381721 or email

admin.assembly@btconnect.co.uk

News

'The Bonnie Lads'

We have recently been awarded funding from the Health and Wellbeing Fund to set up a Men's group. We need men to help set up this group, known as 'The Bonnie Lads'. The group will be run by the members who will decide which activities they would like to take part in. These activities could include darts, dominoes, pub lunches, walking groups, quizzes etc. If you would like to find out more about volunteering or joining the group, contact Helen on 0191 438 1721, email: admin.assembly@btconnect.com or call into The Hub for more information.

Research

The Assembly has been asked to take part in some research about Health and Wellbeing to be carried out by Northumbria University.

We are looking for volunteers to come to The Hub in Felling to talk to the researchers and answer some questions to help shape future services.

This is open to anyone over 50, so if you can spare a couple of hours in July contact us to register your interest in a place and we will let you know when we have the exact dates of the sessions.

There will be four sessions but you only have to attend one. Refreshments will be provided and all attendees will be given a shopping voucher.

New Venue for Birtley Friendship Group

Birtley Friendship Group has moved. They are now meeting at Birtley Community Fire Station on Durham Road, which has a bus stop right outside.

New members are always welcome, why not go along and see the new place and meet some new friends?

Birtley Friendship Group meets every other Tuesday, from 10.30 to 12.30. The next meeting is on 19th May.

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Local History Month

May is Local History Month and this year it is all about Gateshead's hidden history. Brand new walks, talks and tours will look at parts of our local history which may not be well known.

There are still some events to come and some events last the whole of May, so pop down to your local library for a leaflet or you can click:

<http://www.gatesheadlibraries.com/news/news/local-history-month-2015>

Dementia Awareness Week

This year Dementia Awareness Week is 17th to 23rd May. For more information please contact:

The Alzheimer's Society

2nd Floor, Computer House

353 High Street, Gateshead, NE8 1ET

Tel: 0191 4 777 490

Email: gateshead@alzheimers.org.uk

Breathe Easy Group

The British Lung Foundation (BLF) is organising a special lung information event, at Gateshead Old Town Hall, on Tuesday 2nd June from 11am to 2.40pm. Information stalls and experts will provide the opportunity to learn more about living well with COPD and breathlessness. There will also be opportunities to attend a presentation on 10 steps to the best COPD care at 11.30am and 1pm. There will be free refreshments and a free goody bag for the first 100 visitors.

For more information on Breathe Easy Gateshead or the BLF please contact the Helpline on 03000 030 555.

Teams Health Champions

The Teams Practice Health Champions have their monthly coffee morning at Teams Community Centre on the last Friday of the month between 10am and 12 noon. Just turn up on the day.

Community Festivals

The Ryton Hirings is on Saturday 23rd May.

Teams Community Festival is Saturday 13th June.

Dunston Community Event is Saturday 4th July.

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Volunteering

All of our groups are run by older people for older people, so volunteers are always needed to help run the groups, there are many ways you could volunteer including:

- **Helping at our Friendship Groups**
Meeting and greeting older people when they arrive, helping to provide refreshments, planning events and outings, organising raffles and other entertainment.
- **Fundraising**
Helping at bag-packing events, organising tombola's, bring and buy sales and baking for bake sales to raise much needed funds for the organisation.
- **Information Technology**
Helping older people use technology including PCs, tablet computers and mobile phones.
- **Helping with publicity and promotion**
Spreading the word about what we do and how we speak up on behalf of older people in Gateshead.
- **Helping with research projects**
By taking part in focus groups and research projects run by the Assembly and also those carried out by other organisations.
- **Tea dances**
Helping to organise and publicise these very popular events.
- **Reception duties**
We also need volunteers of any age (over 18), who want some work experience as a receptionist, to cover the reception at The Hub on Monday to Friday afternoons. This includes acting as the first point of contact for the organisation giving out information related to other organisations and provide older people with a wide range of information.

Even if you can only manage an hour a week we would like to hear from you. If you know anyone who may be interested in work experience please pass on our contact details to them.

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Remember When?

This picture from 2006 shows members of the Assembly when it was the Gateshead Forum for Older People. They were taking part in an intergenerational event at Gateshead Civic Centre with members of the Gateshead Youth Assembly.

Do you recognise anyone? Or were you there?



Contact Us

☎ By Telephone: **0191 438 1721**

✉ By email: admin.assembly@btconnect.com

Find us on Twitter and Facebook

✉ By post:

The Felling Hub

58 High Street, Felling, Gateshead,

Tyne and Wear,

NE10 9LT

The office is open:🕒 **Monday - Friday 9:30am – 4:00pm**

As you know, due to funding restrictions, we are no longer able to post newsletters to you, but if you have access to email we can send our newsletter to you electronically.

If you would like us to do this please email us, so we can add you to our email list.

Advantages to email delivery include: not missing a copy of the Newsletter, being the first to know about events, and seeing the various images in colour.

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